



# UCOOK

## Artichoke Antipasti

with garlic ciabattini, sun-dried tomatoes & Kalamata olives

An Italian-style platter you won't soon forget! Battered artichokes, deep-fried until golden, are served with crispy ciabattini, sun-dried tomatoes, salty olives, chives, cucumber and balsamic vinegar & hummus for dunking.

---

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

---

**Serves:** 2 People


---

**Chef:** Ella Nasser

---

 Veggie

---

 Harry Hartman | Stellenbosch Sauvignon Blanc

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

2	Garlic Cloves <i>peeled &amp; grated</i>
5g	Fresh Chives <i>rinsed &amp; finely sliced</i>
2	Schoon Ciabattinis <i>halved</i>
40g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
40g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
40g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
100g	Cucumber <i>rinsed &amp; peeled into ribbons</i>
50g	Pitted Kalamata Olives <i>drained &amp; halved</i>
20ml	Balsamic Vinegar
80ml	Hummus
180ml	Self-raising Flour
200g	Artichoke Hearts <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. CIABATTINI HEAVEN** Preheat the oven to 200°C. In a small bowl, combine the grated garlic, ½ of the sliced chives, and a knob of butter (optional) or drizzle of oil. Place the halved ciabattini on a roasting tray, cut-side up, and smear with the garlic-chive spread. Pop in the hot oven and bake until warmed through and starting to brown, 3-4 minutes.

**2. THE PREP STEP** Pour 120ml of cold water into a bowl with a few ice blocks. When the water is ice-cold, remove any remaining pieces of ice. In another bowl, combine the chopped sun-dried tomatoes, the chopped peppers, and seasoning. Set aside. In a salad bowl, combine the rinsed salad leaves, the cucumber ribbons, the halved olives, a drizzle of olive oil, and seasoning. Mix together the balsamic vinegar and the hummus.

**3. GOLDEN ARTICHOKEs** In a bowl, mix the flour with a pinch of salt. Slowly whisk in the ice-cold water (don't overmix, lumps are fine in this case). Add the drained artichokes and toss until fully coated in the batter. Place a deep pan over high heat with 2cm of oil covering the base. When hot, gently pick up a battered artichoke and lower it into the hot oil. Fry until golden and crispy, 30-60 seconds, turning as they colour. Repeat with the remaining artichokes (try not to overcrowd the pan - you may need to do this in batches!) Remove from the pan, drain on paper towel, and season.

**4. PLATTER PARTY** Serve up the antipasto platter-style! Pile up the crunchy artichokes alongside the sun-dried tomato and pepper mix, and the olive and cucumber salad. Serve with the balsamic vinegar and hummus dip for dunking. Sprinkle over the remaining chopped chives. Last but not least, side with the glorious garlic bread. Wow, Chef!



## Chef's Tip

To test if your oil is hot enough, pop in a drop of batter. If it fizzes, it's ready!

## Nutritional Information

Per 100g

Energy	683kj
Energy	163kcal
Protein	5.1g
Carbs	29g
of which sugars	3.6g
Fibre	2.8g
Fat	3.2g
of which saturated	0.4g
Sodium	348mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites

Cook  
within 3  
Days